

Deep Vein Thrombosis

In the United States, about 250,000 people are admitted to a hospital each year because of blood clots that develop in the deep veins (deep vein thrombosis). However, because many people with deep vein thrombosis do not have symptoms, experts have estimated as many as 600,000 people may be affected.

What is deep vein thrombosis?

Deep vein thrombosis (DVT) is a blood clot or thrombus in a deep vein of the body. Blood clots form when blood thickens and clumps together. DVT most often occurs in the calf and thigh veins. Deep vein blood clots are particularly dangerous because they can break loose, travel through the bloodstream to the lungs, and block blood flow in the lungs causing a pulmonary embolism (PE). DVT requires immediate medical care due to the often life-threatening nature of pulmonary embolism and the possible long lasting problems.

What Causes Deep Vein Thrombosis?

Blood clots can form in your body's deep veins when:

- Damage occurs to a vein's inner lining. This damage may result from injuries caused by physical, chemical, and biological factors. Such factors include surgery, serious injury, inflammation, or an immune response.
- Blood flow is sluggish or slow due to lack of motion. This may occur after surgery, if ill and in bed for a long time, or if traveling for a long time.
- Your blood is thicker or more likely to clot than usual. Certain inherited conditions increase blood's tendency to clot. This also is true of treatment with hormone replacement therapy or birth control pills.

What Are the Signs and Symptoms of Deep Vein Thrombosis?

The signs and symptoms of deep vein thrombosis (DVT) may be related to DVT itself or to pulmonary embolism (PE). See your doctor right away if you have symptoms of either.

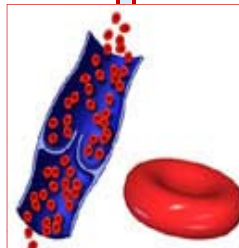
Deep Vein Thrombosis

Only about half of the people with DVT have symptoms. These symptoms occur in the leg affected by the deep vein clot.

- Swelling of the leg or along a vein in the leg
- Pain or tenderness in the leg, which you may feel only when standing or walking
- Increased warmth in the area of the leg that's swollen or in pain
- Red or discolored skin on the leg

Pulmonary Embolism

Some people do not know they have DVT until they have signs or symptoms of PE.



Symptoms of PE include:

- Unexplained shortness of breath
 - Pain with deep breathing
 - Coughing up blood
 - Rapid breathing and a fast heart rate

How is deep vein thrombosis diagnosed and treated?

If your doctor suspects that you have DVT, you probably will have an ultrasound test to measure the blood flow through your veins and help find any clots that might be blocking the flow. Treatment begins right away to reduce the chance that the blood clot will grow or break loose and flow to your lungs.

Treatment for DVT usually involves taking blood thinners such as heparin and warfarin at least 3 months to prevent existing clots from growing. Doctors may also recommend propping or elevating the affected leg when possible, using a heating pad, taking walks, and wearing compression stockings. These measures may help reduce the pain and swelling that can happen with DVT.

Who Is At Risk for Deep Vein Thrombosis?

Many factors increase the risk of DVT including:

- A history of DVT or certain inherited blood disorders that cause blood to thicken
- Injury to a deep vein from surgery, a broken bone, or other trauma.
- Slow blood flow in a deep vein from lack of movement or obesity
- Pregnancy and the first 6 weeks after giving birth.
- Recent or ongoing treatment for cancer.
- Being older than 40 (although DVT can occur in any age group).

How Can Deep Vein Thrombosis Be Prevented?

If you are at risk for DVT or PE you can help prevent the condition by:

- Seeing your doctor for regular checkups and taking all prescribed medications
- Getting out of bed and moving around as soon as possible after surgery or illness.
- Exercising your leg muscles hourly during long trips
- Avoid alcohol and beverages with caffeine

Sources:

National Heart Lung and Blood Institute,
www.nhlbi.nih.gov/heartlh/dci/index/html

WebMD, www.webmd.com/dvt/default.htm

Hang on to your Health Cards



Imagine your surprise in opening your mail to find you received a face lift you know nothing about, your health plan denied the claims, and the doctor is

now billing you for the charges. This scenario is real and is called Medical Identity Theft. Medical Identity Theft is when someone steals your health plan information and poses as you to obtain medical benefits. A victim of Medical Identity Theft can suddenly find themselves responsible for co-pays, deductibles, or paying for claims denied by their health plan – and all because someone used their medical identity to obtain services.

How it works: A thief obtains a copy of your medical insurance card or the information from the card and some other personal information and simply presents at a medical facility asking for services. They fill out all the requisite paperwork and sign your name to the form. The thief then gets the medical services and leaves, sometimes without paying a dime.

Now back to that face lift you did not get. It will be a difficult problem to sort this out with the surgeon, anesthesiologist, medical facility, and Benefit Options. All will assume you received the services and your insurance ID number cannot be replaced. With the development of electronic medical records and the ease of communications, the opportunity for medical identity theft has increased greatly, so your insurance card should be protected with the same defense as your social security number or card.

What can you do to avoid being a victim:

- Do not freely give out your health plan card, keep it in your possession or locked up securely when not in use.
- Do not freely give out personal information such as your address or Social Security Number.
- Do not give key personal information on the phone; wait until you get to the provider's office.
- Do not leave letters, invoices, EOBs (explanations of benefits), and other sensitive materials in your trash or in your mailbox.
- Routinely check your credit report and make sure everything on the report truly belongs to you.
- Check your EOBs or statements from your insurer. Make sure you really did get all the services for which you were billed.

These are merely a few ways you can help protect yourself from Medical Identity Theft. Exercising good care and control over your medical identity will not only save losses, but it will ensure your medical records are yours alone.

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Registration Period

January 2, 2009 thru February 28, 2009

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- Call Toll Free 866-661-6781
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Friday 8a.m. to 9p.m.
Saturday 9a.m. to 6p.m. (EST)



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Upcoming Events



Holiday Recipe: Butternut squash and plantain mash



INGREDIENTS

- 1 butternut squash (1.5 lbs)
- 1 large ripe, firm plantain
- 4 garlic cloves, unpeeled
- 1/4 cup vegetable stock
- 1 tsp extra-virgin olive oil
- 1/2 tsp salt
- 1/4 tsp fresh ground black pepper

DIRECTIONS

1. Preheat the oven to 375° F.
2. Lightly coat a baking sheet with cooking spray
3. Halve the squash and scoop out the seeds and fibers. Peel the halves and cut into 1 inch pieces.
4. Trim the ends of the plantain. Cut a slit lengthwise through the inner curve of the skin, pry off the skin, and cut the plantain crosswise into 1 inch segments.
5. Place the squash, plantain and garlic cloves on the prepared baking sheet. Roast until very tender (about 25 minutes). Let cool slightly and peel the garlic cloves
6. In a saucepan, heat the vegetable stock over high heat until simmering. Remove from the heat and add the garlic, squash, plantain and olive oil.
7. Mash the mixture with a potato masher until almost smooth.
8. Season with salt and pepper to taste. Serve immediately

Nutritional Analysis (per serving)

Calories = 79
Protein = 1 g
Carbohydrate = 19 g
Total Fat = 1 g
Saturated Fat = 0 g
Monounsaturated Fat = 1 g
Cholesterol = 0 g
Sodium = 219 mg
Fiber = 3 g



HEALTHY
CARB



LOW
FAT

Wellness Contracts Status Report

SCREENING SERVICES STATUS:

Screening contracts were awarded on June 17th.

Mobile Onsite Mammography, Healthwaves,

Banner Occupational Health, and Maxim

Health Systems are now under contract to provide convenient, at-work screening services.

Wellness is currently taking requests for screenings at State worksites. Listed below are each companies services.

Healthwaves

- Flu/Pneumonia Vaccinations
- Mini Health Screening
- Osteoporosis Screening

Maxim Health Systems

- Flu/Pneumonia Vaccinations
- Mini Health Screening
- Osteoporosis Screening
- Skin Cancer Screening

Mobile Onsite Mammography

- Mammography Screening

Banner Occupational Health

- Skin Cancer Screening

EDUCATIONAL CLASSES STATUS:

Wellness awarded contracts for educational classes, fitness classes, massage, and weight management on October 24th. Kronos Optimal Health, The Back Rub Co., and Jesse Tsao will be the State's vendors providing services in the future. Wellness is working to complete the vendor implementation, but due to severe budget restrictions will not be able to offer the contracted services at this time. These programs will be placed on hold pending analysis from the ADOA budget team.

Thank you for your patience during this difficult budgeting period.

2008

wellness information

MOM

Mobile On-site Mammography

"Early detection is the best defense we have at this time for catching breast cancer in its earliest stages," says Catherine Midgette, Executive Vice President of MOM. "If we find the cancer in its earliest stages, the patient has a 97 percent survival rate." Mobile On-Site Mammography (MOM) travels to perform mammography screenings at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance's member services department for more information.)

Call MOM at 480-967-3767 to schedule your appointment.

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 people required.

Mini Health Screening at Work

All State employees and Benefit Options members are eligible to participate in mini health screenings.

The basic screenings are **FREE**

- Height & weight; BMI; blood pressure; and percent of body fat (body composition).
- Cholesterol and blood sugar

You will need your Employee Identification Number (EIN) and Insurance card for this event.



Dec. 8th — 8:00am-11:00am
Supreme Court, PHX
1501 W. Washington, #230

The screening will operate with **BOTH 10 min. appointments and walk ins.**

To schedule an appointment go to the link below and select your desired time.

<http://www.maximhealthsystems.com/pickatime/?id=212>

What Services & Programs are Offered by Benefit Options Wellness?

The Wellness website has the complete list of screenings, classes and other programs available for request and scheduling at State worksites.

Wellness events are requested and coordinated by State employees at worksites. If you are interested in hosting a program at your worksite, visit the Wellness website to view what is available and learn what Wellness has to offer.

Event requests must be submitted online by clicking this logo:



Complete the brief form pictured below, including contact information and the event requested and hit "submit!" A Wellness team member will reply to your request and begin scheduling your event.

Log on Today!

Take advantage of the many programs and services to keep employees healthy

Created and published by ADOA, Benefit Options Wellness Program

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Wellness
Be Well Stay Well.

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